**(Expository-Student Example; Standards 2.1 thru 2.4)**

It is a fact for humanity: people need food to survive, but when the food is eaten can make a difference. The saying “breakfast is the most important meal of the day” is truer than some may think. From the studies of the American Dietetic Association, more than half of male teens and two-thirds of female teens skip breakfast. Teenagers should eat a healthy breakfast in the morning.

The University Of Minnesota School Of Public Health did a five year study on students who ate breakfast compared to those who did not. There were many differences between the students who ate breakfast and the students who didn’t. The students who did eat breakfast each morning were more focused in school. They performed and concentrated better. The students who didn’t eat breakfast were absent and tardy more often. Students who ate breakfast also had more energy during the day. They weren’t as hungry and could pay more attention to what was being taught in their classes. Succor from the subjugation of hunger and tiredness gives teenagers energy in not just school, but also in sports.

The study showed that teens were more focused in school, causing them to get better grades, but that isn’t the only benefit to eating breakfast. Teens that eat a healthy breakfast have better weight control. Many teenagers may think that skipping breakfast helps cut calories. This may be true in the morning, but the perturbation from hunger comes later in the day, resulting in snacking. Snacking between meals often leads to over eating: one of the main causes of obesity in teens. Eating a well-balanced breakfast helps teens get the essential nutrients they need to develop to be healthy individuals. (When it comes to food, more colorful is better unless it’s polychromatic candies and cereals.)

Some teens may have troubles eating breakfast, though. They may not have enough time in the morning, but eating breakfast does not take very long. The average American takes onlyfour minutes to eat breakfast. If they need to, teens could also wake up earlier in the morning. Breakfast does cost money, but a box of cereal can cost fewer than five dollars and will last about a week. If a teen needs to become a mendicant to afford a bowl of cereal in the morning, it is understandable not to eat breakfast. Teens may also accidentally skip breakfast, and that is also understandable. If students eat breakfast most mornings, they will still get many of the benefits breakfast has to offer.

Teenagers should eat a healthy breakfast in the morning. It helps alleviate tiredness, diminishes hunger during the day, and gives them energy. It also helps teens stay focused in school and makes it easier for them to control their weight. If teens know other teens whose grades are struggling, they should bestow on their friends the advice to eat breakfast: for solace for the friend and to show altruism. It could make a great impact on their whole day.